

Exchange Club CAP Center's Positive Parenting Group Calendar

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day No Group	2 No Group	3	4 Child Abuse Awareness: Shaken Baby Syndrome	5 Problem Solving, Decision Making, Negotiation &	6 Living with ADHD
7	8 Family Nutrition	9 Discipline vs. Punishment	10	11 Stress Management for parents	12 Healthy Kids	13 Respecting Differences
14	15 MLK Day No Group	16 Setting Limits/Family Rules	17	18 Managing Stress in Children	19 Safety in the Home	20 Peer Pressure <i>PPG Workshop (\$25/3credits)- Safe Kids for Parents</i>
21	22 Parenting Styles	23 Anger Management for Parents	24	25 Meeting Your Child's Needs	26 Child Abuse Awareness: Sexual Abuse Prevention- CHIPS Clinic	27 Money Management
28	29 Child Development / Age Appropriate Expectations	30 Anger Management for Children	31			

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

February 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Promoting Self Esteem in Children	2 Substance Abuse Prevention	3 Open Discussion
4	5 Communicating With Your Child	6 Child Abuse Awareness: Shaken Baby Syndrome	7	8 Problem Solving, Decision Making & Compromise	9 Living with ADHD	10 Setting Limits/Family Rules
11	12 Discipline vs. Punishment	13 Stress Management for Parents	14	15 Healthy Kids	16 Respecting Differences	17 <i>Substance Abuse&Parenting PPG Workshop (\$25/3credits)- Healthy Relationships 101&102</i>
18	19 President's Day No Group	20 Managing Stress in Children	21	22 Safety in the Home	23 Peer Pressure	24 Child Abuse Awareness: What is Child Abuse?
25	26 Anger Management for Parents	27 Meeting Your Child's Needs	28			

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic	2 Money Management	3 Family Nutrition
4	5 Anger Management in Children	6 Promoting Self Esteem in Children	7	8 Substance Abuse Prevention	9 Open Discussion	10 Helping Your Child Develop Empathy
11	12 Child Abuse Awareness: Shaken Baby Syndrome	13 Problem Solving, Decision Making, Negotiation & Compromise	14	15 Living with ADHD	16 Sarrell Dental-Protecting Your Child's Smile	17 Parenting Styles <i>PPG Workshop (\$25/3credits)- Separation, Visitation & Reunification</i>
18	19 Stress Management for Parents	20 Healthy Kids	21	22 Respecting Differences	23 Substance Abuse and Parenting	24 Child Development / Age Appropriate Expectations
25	26 Managing Stress in Children	27 Safety in the Home	28	29 Peer Pressure	30 Good Friday No Group	31 No Group

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Easter Monday No Group	3 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic	4	5 Money Management	6 Family Nutrition	7 Discipline vs. Punishment
8	9 Promoting Self Esteem in Children	10 Substance Abuse Prevention	11	12 Open Discussion	13 Helping Your Child Develop Empathy	14 Setting Limits/Family Rules
15	16 Problem Solving, Decision Making, Negotiation & Compromise	17 Living With ADHD	18	19 Sarrell Dental-Protecting Your Child's Smile	20 Parenting Styles	21 Anger Management for Parents
22	23 Healthy Kids	24 Respecting Differences	25	26 Substance Abuse and Parenting	27 Child Development/Age Appropriate Expectations	28 Anger Management for Children
29	30 Safety in the Home					

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Peer Pressure	2	3 Child Abuse Awareness: What is Child Abuse?	4 Communicating with Your Children	5 Child Abuse Awareness: Shaken Baby Syndrome
6	7 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic	8 Money Management	9	10 Family Nutrition	11 Discipline vs. Punishment	12 Stress Management for Parents
13	14 Substance Abuse Prevention	15 Open Discussion	16	17 Helping Your Child Develop Empathy	18 Setting Limits/Family Rules	19 Managing Stress in Children <i>PPG Workshop (\$25/3credits)-Bullying</i>
20	21 Living with ADHD	22 Safety in the Home	23	24 Parenting Styles	25 Anger Management for Parents	26 No Group
27	28 Memorial Day No Group	29 Substance Abuse and Parenting	30	31 Bess -Anger Man. For Children DH -Child Devel./Age App. Expectations	"Bess" = Bessemer "DH"= Don Hawkins	

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note from the beginning of June – August 11, 2018 Friday Bessemer Classes will be held on Thursday, same location, same time!!!				“Bess” = Bessemer “DH”= Don Hawkins	1	2 Promoting Self Esteem in Children
3	4 Peer Pressure	5 Child Abuse Awareness: What is Child Abuse?	6	7 Bess (10am). - Child Abuse Awareness: SBS DH(1pm)- Communicating w/ Your Children	8	9 Problem Solving, Decision Making, Negotiating & Compromise
10	11 Money Management	12 Family Nutrition	13	14 Bess(10 am). - Stress Man. for Parents DH (1pm)- Discipline vs	15	16 Healthy Kids <i>PPG Workshop (\$25/3credits)- Internet Safety</i>
17	18 Open Discussion	19 Helping Your Child Develop Empathy	20	21 Bess(10am)- Managing Stress in Children DH (1pm)- Setting Limits/Family Rules	22	23 Safety in the Home
24	25 Sarrell Dental- Protecting Your Child's Smile	26 Parenting Styles	27	28 Bess (10am). - Meeting Your Child's Needs DH (1pm)- Anger Management for Parents	29	30 Child Abuse Awareness: Sexual Abuse Prevention- CHIPS Clinic

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

Exchange Club CAP Center's Positive Parenting Group Calendar

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);
Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);
Saturday: Exchange Club CAP Center (10-11am)